

2-11-2010

# The Pacifican February 11, 2010

University of the Pacific

Follow this and additional works at: <https://scholarlycommons.pacific.edu/pacifican>

## Recommended Citation

University of the Pacific, "The Pacifican February 11, 2010" (2010). *The Pacifican*. 174.  
<https://scholarlycommons.pacific.edu/pacifican/174>

This Newsletter is brought to you for free and open access by the University of the Pacific Publications at Scholarly Commons. It has been accepted for inclusion in The Pacifican by an authorized administrator of Scholarly Commons. For more information, please contact [mgibney@pacific.edu](mailto:mgibney@pacific.edu).





# The Pacifican

University of the Pacific's Newspaper since 1908

Volume 101,  
Issue 21

Thursday,  
February 11, 2010

www.thepacifican.com

## O'Brien Revives Civil Rights Message for New Generation



Media Relations

CNN News Correspondent Soledad O'Brien spoke at Faye Spanos Concert Hall last week. Her keynote address for Black History Month emphasized the "value of thinking differently." She also detailed major events during her career and touched on the legacy of Dr. Martin Luther King, Jr.

**Kobé Armah**  
Staff Writer

On Wednesday, February 3, Soledad O'Brien provided a keynote speech for Black History Month that reflected the chosen theme of the month, "Our Story." As keynote speaker for this year's Black History Month, O'Brien provided her perspective on current issues by sharing her experiences as a woman of color and as a CNN News Correspondent.

The keynote speech, sponsored by the University of the Pacific Black Student Union and ASuop, revived a message similar to that of the civil rights era. The speech was held in the Faye Spanos Concert Hall to a full house of 700 community members, faculty, staff and students. The

Harvard-educated O'Brien focused on, "the value of thinking differently," and emphasized the importance of individual pro-activism. To O'Brien, thinking differently about Black History Month gives the celebratory month a whole new meaning.

O'Brien began her speech by briefly sharing the state of post-earthquake Haiti. O'Brien had recently returned from Haiti where she was covering the aftermath of the devastating earthquake. At the focus of O'Brien's introduction was her first hand experience of the African Diaspora in Haiti. To O'Brien

See O'BRIEN, page 2

## Whole Foods Market Exec to Discuss Sustainability

**Says Capitalism Needs a New Vision in Respecting the Environment**

### Media Relations

The co-president and chief operating officer of Whole Foods Market, Walter Robb, will discuss the advantages and challenges of trying to run a business and still respect the environment. The lecture, titled "Business and Sustainability in the 21<sup>st</sup> Century - Observations of a Retailer," will start at 6 p.m. Feb. 22 in the Faye Spanos Concert Hall on the Stockton campus of University of the Pacific. It is free and open to the public.

Whole Foods Market has worked hard to maintain ecologically sustainable and socially responsible practices.

It champions organic farming and foods, promotes reusable bags in its stores, and was the first major retailer in the U.S. to offset 100 percent of its energy costs with wind power credits. Its employees get a generous 20 percent discount on all store items, and its executives' salaries are capped at 19x the average employee salary. The company sponsors a nonprofit, Whole Planet Foundation, which helps relieve poverty through microcredit loans in countries where products are sourced. Robb believes that if all the stakeholders in society worked together on environmentally sustainable

See EXECUTIVE, page 3

## Pacific's MOVE Program Wins National Award

### Media Relations

The Mountains Ocean Valley Experience (MOVE), a University of the Pacific program for new students, was selected for NASPA's Excellence Award Gold Winner for first year programs. It's the highest award given by the organization for a student program. Pacific will be recognized for this achievement during NASPA's annual national conference in March. NASPA is the largest organization in the United States for college and university student affairs employees.

MOVE is a program for all incoming freshman. Students have the opportunity to explore various regions

of Northern California, participate in service projects, develop relationships with their fellow students, faculty and staff, and learn about the values of the University.

"MOVE was one of my first experiences at Pacific. I was impressed how the program helped our entering students form close friendships while contributing to one of our University's values: to give back to our community and steward our environment," said Pamela A. Eibeck, President of Pacific, who was notified of the award Tuesday afternoon. "I am very proud of our talented Student Life staff for making this ambitious and powerful program such a success."

See MOVE, page 3

## inside this issue

### NEWS

G.I.V.E. Competition

Page 3

### PERSPECTIVES

Love Notes  
on V-Day

Page 4

### LIFESTYLES

Movie Review:  
Daybreakers

Page 8

### SPORTS

Men's Basketball  
Best in Big West

Page 10

## index

Public Safety Report 2  
Staff Information 4  
TigerX Calendar 11



# UNIVERSITY OF THE PACIFIC DEPARTMENT OF PUBLIC SAFETY WEEKLY REPORT

January 31 - February 6, 2010

For updated information, please join Public Safety on Facebook and Twitter at <http://web.pacific.edu/x499.xml>

## FIRE

### DEROSA CENTER

1-31-10

Officers responded to a report of tree on fire. Officer reported the tree was extinguished upon arrival.

### UNIVERSITY REG MCCONCHIE HALL

1-31-10

Staff reported seeing marijuana when walking by a room in the residence hall. Officers initiated a report for judicial review.

### FIELD INTERVIEW SOUTH CAMPUS

1-31-10

Officer were flagged down on a report of a domestic violence situation. Officer made contact and reported they were having an argument but the confrontation was not physical.

### UNIVERSITY REG GRACE COVELL

1-31-10

Staff reported the smell of marijuana. Officer responded and initiated a report for judicial review.

### SCAVAGING BROOKSIDE HOUSE

1-31-10

Officer responded to a report of a male subject going through the dumpster. Officer made contact and cited and revoked the subject.

### CASUALTY COWELL WELLNESS

2-1-10

Officers requested for a medical transport for a student feeling ill. Officer responded and determined subject will be transported by a friend.

### ALCOHOL ARREST CCI

2-1-10

Officer responded to a report of a suspicious male subject. Officer made contact and arrested the subject for public intoxication.

### VANDALISM OFF CAMPUS

2-1-10

Officer responded to a report of vandalism that occurred off campus. Officer initiated a report.

### FORCIBLE SEX OFFENSE PUBLIC SAFETY

2-2-10

Officer met with a female subject reporting being the victim of a sexual assault that occurred in 2008 by a subject she had been dating at the time. Officer initiated a report.

### THEFT MCCAFFREY CENTER

2-3-10

Victim reported her bicycle stolen over winter break. Officer initiated a report.

### CASUALTY SCHOOL OF ED

2-3-10

Officers and medics responded to a report of a female subject having a seizure. Subject was transported via ambulance to a local hospital.

### FORCIBLE SEX OFFENSE PUBLIC SAFETY

2-3-10

Victim came to Public Safety to report being sexually assaulted by an acquaintance. The assault occurred in the fall of 2009 at a residence hall. Officer interviewed victim and initiated a crime report.

### WELFARE CHECK OFF CAMPUS

2-3-10

Officer responded to an off campus address to conduct a welfare check on a female student. Officer made contact and reported the subject was fine and advised to contact concerned family.

### DUI ARREST PACIFIC AVE

2-3-10

Officer initiated a vehicle stop. Officer determined the driver was DUI and requested CHP respond. CHP responded and arrested the driver at 10:26 P.M. Driver was transported to the county jail.

### UNIVERSITY REG CASA JACKSON

2-5-10

Officers responded to a report of marijuana coming from one of the rooms. Officer initiated a report for judicial review.

## FORGERY

### FINANCE CENTER

2-5-10

Officers responded to a report of a counterfeit bill. Officer initiated a report.

### WARRANT ARREST PACIFIC AVE

2-5-10

Officers responded to a report of a female screaming for help when pushed into the roadway by a male subject. Officers contacted both subjects and the male was arrested for an outstanding warrant. Subject was transported to the county jail.

### THEFT FAYE SPANOS

2-5-10

Victim reported both tires stolen from her bicycle. Officer responded and initiated a report.

### UNIVERSITY REG MCCAFFREY CTR APTS

2-5-10

Officers responded to a report of an unregistered party with underage drinking and residents not complying.

### NOISE COMPLAINT DAVE BRUBECK

2-6-10

Officers responded to a report of subjects yelling in the street. Officers advised accordingly.

### UNIVERSITY REG SOUTHWEST HALL

2-6-10

Officers reported smelling marijuana while on foot patrol. Officer initiated a report for judicial review.

### NOISE COMPLAINT QUADS

2-6-10

Officers responded to three noise complaints in the area from the event at Raymond Lodge. Officers reported the crowd is disbursing from the event.

### VEHICLE ACCIDENT LOT 7

2-6-10

Officers responded to a report of a friend's vehicle had rolled into another vehicle while they were attending a wedding.

## O'BRIEN, continued from cover

Haiti has the opportunity to rebuild and determine its own future.

O'Brien highlighted the importance of thinking differently about Black history and contributions. Specifically, she noted that Haiti was a pioneer in independence from colonial powers and set history by becoming a free black state in the western hemisphere. O'Brien offered the little known fact that Haiti was forced to make large payments for its freedom until 1947. Despite this setback, Haiti has been able to make strides for itself.

Using her knowledge as a CNN News Correspondent, O'Brien also spoke about Dr. Martin Luther King's legacy. She was able to bring Dr. King's message back by focusing on the unheard. O'Brien pointed out that King's now famous, "I Have A Dream Speech" is a speech about economic injustice. O'Brien quoted King as saying, "the whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges." This quote surprised some of the audience. To O'Brien, King's legacy is often "whitewashed," or taken out of context, while forgetting the richness of history as a whole. O'Brien's message to the community was that Dr. King was fighting for equality of opportunity for all.

Continuing her focus on Dr. King, O'Brien stated Dr. King's legacy could be remembered by the King's dedication to leadership by example. She described King's "Letter from a Birmingham Jail," as a living document to be used by generations to come. The power of a living document is relevant to today because King, "articulated and spoke for other people. O'Brien spoke personally by saying she is bothered when his speech is boiled down to a one liner." The message O'Brien took was that, "what is, is not what has to be."

O'Brien felt that King's message provides inspiration to the post-King era leaders. She expressed the view

that, "America is better than mediocrity." She also challenged opponents of leadership by saying this generation "does not have to settle," because, "[this] generation has a greater goal." She stated the need for stronger leaders to carry on the torch. The request for stronger leaders was supported by her encouragement of doing, "the greater good." O'Brien felt it appropriate that young leaders channel Dr. King, particularly by "using King's [I've Been to the] Mountain Top speech." The speech was delivered the evening before his assassination. O'Brien drew, King's choices; King was tired and almost did not give the speech but he felt the duty and responsibility to. By making his last speech, King was able to create impact.

O'Brien also spoke on her history as CNN News correspondent, after Hurricane Katrina, O'Brien was able to see that, "the history of [African-Americans] says lead." Her experience showed her, "the fierce urgency of now" while reminding the community, "Black History month is not just the shortest month of the year, but is also a month to take the time to live history." O'Brien stressed the importance of individual value and duty, to her, "history is living," and Black History month specifically can be used, "For everyone to question what is just and unjust."

To support her idea that history is living and active and conclude, O'Brien quoted President John F. Kennedy's misquote of Dante, "The hottest places in hell are reserved for those who in times of great moral crisis maintain their neutrality." O'Brien concluded that Dr. King's legacy showed that it is about our own individual actions, specifically "leadership and potential for improvement." Soledad O'Brien message is clear that American need to make a decision about individual actions and realize, "that it is us- ourselves [who will make the change we desire]."



## MOVE, continued from cover

MOVE, which is held the first weekend prior to the start of the fall semester, is designed to welcome new students to the Pacific Community through a curriculum that incorporates the concepts of social and emotional competence, responsible leadership, and environmental sustainability. Students will work with service organizations from the Central Pacific Coast, the Sierra Nevada and Coastal Mountains, and the Sacramento, Coloma, and San Joaquin Valleys.

MOVE was established three years ago, initially as a two-day exploration and volunteer experience in Yosemite National Park. That first year, approximately 95 students cleared invasive, non-

native plants from the Valley floor, took water samples, and helped measure giant sequoia trees. It was such a success, that MOVE was expanded to include volunteer work in Stockton and the Marin Headlands in 2008, as the number of participating students doubled to 182. Mt. Diablo State Park, the American River, Point Bonita, and additional sites in the San Joaquin Valley were added last year and the number of students increased to nearly 820. This year, 12 locations throughout Northern California will be offered to students in the MOVE program.

For more information about MOVE, visit the program's Web page at <http://www.pacificmove.org/>



pacificmove.org

## EXECUTIVE, continued from cover

and socially responsible practices, costs would go down while value to the customers would increase.

"We have repeatedly heard claims from the business community that using alternative energies, recycling and looking for organic alternatives are too expensive and would lead many small and large businesses to financial ruin. Whole Foods Market has proven that those claims simply aren't true," said Richard Flaherty, dean of the Eberhardt School of Business. "This lecture

should be of great interest to business owners and anyone interested in sustainable practice in the business environment."

Robb, a current Pacific regent, joined Whole Foods Market in 1991 when he opened a store in Mill Valley. He was appointed president of the Northern Pacific Region in 1993 and expanded that area from two stores to 17 over the next seven years. He was named executive vice president of operations in 2000, chief operating officer in 2001 and co-

president of the chain in 2004. In his current position, he oversees six of Whole Food Markets' 11 regions and serves on the Whole Planet Foundation Board of Directors.

The event is sponsored by the Eberhardt School of Business as part of the Pacific Business Forum, a speaker series that focuses on leadership, management and other issues critical to businesses. For more information about Eberhardt, visit its Web page at <http://go.pacific.edu/business>



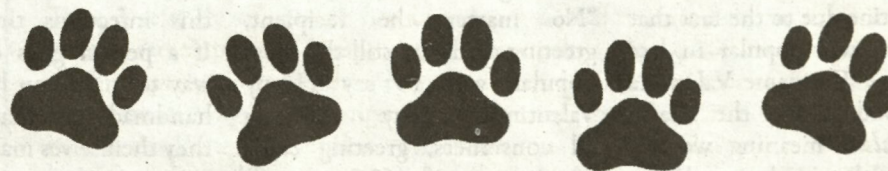
## G.I.V.E. Competition

We highly encourage members of the organizations to log their hours on Reach Out Online at [www.pacific.edu/reachout](http://www.pacific.edu/reachout) in order to earn credit for their endeavors! If you are interested in being part of the Groups Competition please contact Stephanie Labasan at [cci@pacific.edu](mailto:cci@pacific.edu) or 209-946-2444.

Below you will find the top six organizations within the competition at this moment and the hours of community service they have completed. Good luck to all and don't forget to log those hours! The last day to log your hours towards the GIVE Competition is Monday, April 12.

### Reach Out Groups Competition Rankings

Organization	Hours Logged (on Reachout as of Feb. 7)
Alpha Phi Omega	743.25
Sigma Chi	468.25
Alpha Phi	346.5
Circle K	165.5
Omega Delta Phi	117.5
Gamma Alpha Omega	111



### Answers to puzzles on page 9

4	8	6	9	3	1	5	7	2
3	2	5	7	6	8	9	4	1
1	7	9	2	5	4	3	6	8
8	6	1	5	9	7	4	2	3
9	4	2	1	8	3	7	5	6
5	3	7	4	2	9	8	6	1
6	1	4	3	7	9	2	8	5
2	9	3	8	1	5	6	4	7
7	5	8	6	4	2	1	3	9

THE MAN WHO DOES NOT READ GOOD BOOKS HAS NO ADVANTAGE OVER THE MAN WHO CANNOT READ THEM.



# PERSPECTIVES

## Love Notes on Valentine's Day

**Viviana Alioto**  
Staff Writer

*"What is love? Baby, don't hurt me (don't hurt me) no more."*

Who knew that a rudimentary song lyric could be so profound? It manages to question the validity of love itself in every human being on the planet.

Yet, Valentine's Day is right around the corner...surely *love* is in the air? Yeah right, it's more like the scents of See's Candies being opened with anxious little hands waiting to sample sweet decadent victory of actually managing to get someone to heaven forbid- buy a box of chocolate. Yet, has this holiday of love in our society really been defined by a box of chocolates, or the occasional thoughtful bouquet in which a Hallmark card is proudly displayed?

Unfortunately, the answer is: absolutely, especially since there is hardly any real solid origin as to why the continued tradition of confectionary treats still exist in society.

After all, Saint Valentines Day-more commonly known as Valentines Day-wasn't always a simple, "Roses are red, violets are blue". Saint Valentine is more of a common name than one would think; in fact several martyred saints shared the name of Valentine due to the fact that the name was popular in late antiquity. The name Valentine is derived from the Latin word *valens* meaning worthy, -perhaps that is what made it a popular saints name.

Of the Saint Valentine, whose feast day is on the 14 of February, nothing is known about him except his name and that he was buried at the Villa Flamina on the same day. It is also uncertain whether or not the feast day is for more than one saint of the same name.

However an interpretation can be made that before Valentines Day became all about sentimental/romantic love, it had do with Roman Emperor Claudius II allegedly created a law not allowing young men to be married. His intentions were to grow an army, and he felt that married men made poor soldiers. (A) Saint Valentine defied this law and performed wedding ceremonies for the soldiers who wanted to get married.

Valentines Day finally gets its stereotypical "romantic love" aspect with the establishment of Courtly Love in the mid fifteenth century. Handmade cards were sent off to lovers and people, especially women, swooned around the world at the sight of fresh cut flowers. While flowers, candy and cards were presented to lovers, more effort and thought went into the card vs. buying them through massively produced companies: Ex. Hallmark.

According to The U.S. Greeting Card Association "No matter the recipient, greeting cards are still the most popular way to say Happy Valentine's Day. Among all consumers, greeting cards are the top gift (62.8 percent) with candy (48.4 percent),

and flowers (36.7 percent) just behind. Approximately 190 million Valentine's Day cards will be exchanged this year, not including classroom valentines."

Now that's a lot of Valentines, but they also "estimate that nearly 10 million e-cards will be sent this Valentine's Day, with as many as 500,000 sent per hour during peak times via the American Greetings family of Web sites."

So, why give into such a generic way to celebrate when you can have fun making your own Valentines, or not celebrating the holiday at all?

If you happen to be single one is also at liberty to celebrate its counter holiday SAD, Single Awareness Day. It can be a fun eye opening experience to the "horrors" of being single. It is the way to go, no real sexual obligations to anyone, you can get intoxicated and write a lewd card to yourself and always wonder who did it, go out on a "Me date" and have a jolly good time.

In the end Valentines Day is not really about love, it is about the creativity and time a person spends on creating something that they find to be special enough to give out to somebody else.

A rule to live by during this infectious time of love: If a person goes out of their way to make you happy with a handmade gift that they claim they themselves made, check for price tags, if not present, it is the thought that counts.

### THE PACIFICAN Spring 2010

Advisor  
Prof. Dave Frederickson

Editor-In-Chief  
Alex Ruano

Managing Editor  
Seema Ghatnekar

News Editor  
Andrew Mitchell

Perspectives Editor  
Ally Mengarelli

Lifestyles Editor  
Vivian Lee

Sports Editor  
Rachel Freeman

Layout Editor  
Vivian Lee

Business Manager  
Ruben Moreno

Advertising Manager  
Dipen Pattni

Advertising  
Representatives  
Viviana Millan

Office Manager  
Andrea Soto

Circulation Manager  
Justine Speegle

Circulation Staff  
Patrick Ting  
Ilia Thomas  
Cierra Reed

Website Administrator  
Caitlin Vo

Web Communications  
Rachel Freeman

Phone: (209) 946-2115  
Fax: (209) 946-2195

Mailing Address:  
The Pacifcan  
3601 Pacific Avenue  
Stockton, CA 95211  
pacificaneditors@pacific.edu

Office: Across from Southwest Hall Courtyard  
Meetings Every Thursday  
Knoles Hall 212 12 p.m.

Interested in advertising?  
Contact [pacificanads@pacific.edu](mailto:pacificanads@pacific.edu)  
All advertising submissions must be in each  
Monday by 5 p.m. unless otherwise negotiated.

#### EDITORIAL POLICY

Editorial comments reflect the views and opinions of the majority of the Pacifican editorial board, unless personally signed. The views of the Pacifican are not reflected in advertising, letters to the editor, or in any articles.

The Pacifican reserves the right to edit all submitted materials for length, factual information, libel, and clarity. All letters to the editor must have a verifiable signature, address, phone number, and email address.







## The Republican

**Ruben Moreno**  
*Business Manager*

Sarah Palin would make a great presidential candidate for the Republican Party. As a matter of fact, any republican politician on Capitol Hill would do a better job than what our current President is doing. In recent speeches, Palin has addressed issues of taxation, job creation, and energy infusion. She is bringing up issues that pertain to the concerns of the American people, not what the interest groups at [moveon.org](http://moveon.org) and acorn are concerned about.

Now, let's see what our current President is working on. Well, we did have a partisan health-care bill that was rammed in the senate just before the New Year. That project has since been scrapped, as Scott Brown won the special election senate seat in Massachusetts replacing the late Ted Kennedy. This comes as a great surprise, seeing as this seat has been occupied by democrats for over 5 decades. The American people have spoken in that state and this I believe will be the beginning of a Pandora's box of issues that will swing Republicans victory across the United States in this year's election.

In a recent poll by Rasmussen, 58% of Americans opposed the senate and house versions of the healthcare bill while 40% were in favor. An 18-point difference to me is a bit much and is also enough for even some of the democrats, including Senator Blanche Lincoln from Arkansas.

Senator Lincoln has taken a lot of heat from her own party this last month because of her standing as a blue collar democrat who has sided with Republicans on some issues. Lincoln went on in a televised conference to say, "I visited with a constituent yesterday who is also a

good Democrat as well as a small business owner. He is extremely frustrated because there is a lack of certainty and predictability from his government that he needs to be able to run his businesses. He wants results and he wants predictability. I think that you are exactly right that the people out there watching us see nothing more than Democrats and Republicans up here fighting to win a few political points, not to get our problems solved.

"I want to ask you, what can we tell the people in terms of predictability and certainty in getting this economy back on track? How are we going to do that? Are we willing, as Democrats, not only to reach out to Republicans, but to push back on the people in our own party who fight for the extremes and look for common ground that will help our constituents and our country to be successful in this global economy?"

You may be scratching your head now in disbelief that a democratic senator stood up to the president. She would not be the only one to do so, as I recall Representative Parker Griffith switched to the Republican Party just before the new year. According to the Hill, he commented, "I take this step because I believe our nation is at a crossroads and I can no longer align myself with a party that continues to pursue legislation that is bad for our country, hurts our economy and drives us further and further into debt."

You decide for yourself. The Republican Party stands united against the liberal agenda hand crafted by the President himself, Pelosi, Reid, and Mrs. Boxer and most of the democrat career politicians. Did I say Mrs. Boxer? I meant to address her as Senator Boxer.



## The Democrat

**Ally Mengarelli**  
*Perspectives Editor*

Sarah Palin may not be well-liked or even regarded as a credible candidate, but she sure knows how to garner a reaction from folks across the country. Just this summer, I was pleasantly surprised to turn on the news and have a reporter snicker throughout the following story: on one of her ventures to a small town in Utah, Palin and her entourage stopped at a local grocery store in search for some groceries. When her assistants were unable to find tomatoes in the store, they asked the grocer for assistance, whereupon he explained they had removed the particular produce from the shelves once they had heard Ms. Palin would be in town. This was a direct reaction to the local's plans to covet and then launch the tomatoes at the ex-governor.

Even though I don't particularly favor Palin, I thought this particular act seemed a little extreme—until yesterday, when photos of Palin's latest speech surfaced. Then, I actually sat through her an video of that same speech. Perhaps it was the pictures—perhaps it was the speech itself, but it immediately became a mystery to me that no one belted her, let alone whisk her hand from the public view.

Perhaps some of the things she would have said might have been taken as credible matter, had she not lifted her hand, exposing a hand-crafted list of the night's agenda on the inside of her palm. (one of which is a reminder to "life the American spirits.") As usual, Palin's speech was peppered with horrendous sentiments; she began the speech with her blatant disregard for American rights (she felt that a recently convicted terrorist should not have been read his Miranda rights), then proceeded to bash President Obama, slurring, "We need a commander in chief, not a professor of law!" She also flat-out lied, blaming President Obama and Democrats in Congress for the mess that the Republican party created in the first place. Perhaps she forgot the facts, as well, because she didn't account for the

ever-increasing deficit and job losses the Bush administration left for Obama to clean up.

Apparently, she also wished to show that she didn't need any of the fancy machinery those crazy libber's use, as she showed America that she's too good for the teleprompter as well.

Well, at least Obama can memorize his own speech. Or he uses a teleprompter... perhaps Obama went to a school that could afford paper and supplies for necessary note-taking? Or perhaps he never learned the grade-school trick?

Rather, I think it's most likely that he's with the majority of adults in knowing that anytime one requires notes on the back of one's hand (in a nationally televised speech, mind you) the attempt will never appear homey or endearing; rather, it will only come across as trashy and/or uncreative.

Apparently even big-wigs like Sarah utilize the ol' elementary school trick of writing your notes on your palm, because Palin not only left herself one, but three friendly reminders, in ink, on her left palm. According to a close-up, the list reads as a reminder of main points for the forgetful Palin to address in her speech at Gaylord University. The list went as follows: "Energy, \*Taxes, \*Raise the American Spirits."

Alas, Palin supporters are urging her to run for the 2012 election. It seems that they might need a whole lot of wishin' and hopin' and prayin' and—heaven forbid—thinking? !Yet we can only hope that her campaign will turn out something more substantial than cutesy bumper stickers, reading their cheeky sentiments: "You can KEEP your change!"

But who knows? Bush Jr. certainly defied the odds and won another round after his first, didn't he? And he made-up words and used them when speaking about important matters.

Let's just hope that if Palin plans on placing a bid, she will a) get her facts straight, and b) become better-acquainted with the ever-handy utility called "note cards."



## Last minute Valentine's Day Ideas! taken from thefuntimesguide.com



The list of unique romantic things you can do as a couple on Valentine's Day is endless.

Perhaps you'll find something fun (or practical) from the list of creative ideas for couples on Valentine's Day.

Enjoy!

1. Make an appointment for the two of you to get your picture professionally taken together.

2. See what his Horoscope is for this day & do something silly around that "theme".

3. Spice up your relationship... here are a few ways to get creative with digital photos.

4. Attach a \$50 bill to a lingerie store ad or catalog, along with a note, "You choose."

5. Give her a gift certificate for any of the following: professional massage, day at a spa, manicure, pedicure, facial from a local spa or nail salon.

6. Spend a couple hours together writing romantic ideas on separate

slips of paper. After you get a total of 100 romantic ideas on 100 pieces of paper, then fill a jar with them. Every Sunday, from this day on, alternate who picks one and has to implement it by the following Sunday -- at which point the other partner will pick a new romantic idea and have a week to follow through with it.

7. Make a list of the top 10 reasons you love him/her.

8. Purchase an "I Love You" helium balloon from a local party store, then drive to his work and attach the balloon to the handle of his car door or windshield wiper.

9. Have some friends over and play some fun couples party games.

10. Spend the day just photographing each other... outdoors (at a local park, walking downtown, at the beach, on the playground), as well as indoors. Make sure you get someone to take some photos of the two of you together. Take some candid, and some posed. Then frame one!

## Activities for the Single Man or Woman on "Singles Awareness Day" taken from thefuntimesguide.com

The following activities can be enjoyed solo on Valentine's Day... or any time of the year.

### 1. GO TO A MOVIE... ALONE. (YES, ALONE!)

Going to the movies alone on major holidays became such a "tradition" for me in my single life that Jim and I have incorporated it into our married life as well. There's just something about seeing a movie when most people are not even thinking about what's on at the movies! Every holiday... this is where you'll find us.

### 2. GO CAMPING... YES, ALONE.

Depending on your "outdoorsy" sense of adventure, a solo camping trip will either energize and empower you (take your bike, sit by the lake, go on a hike, rent canoe), or send you wallowing in your sorrows (where you'd probably be more inclined to take a 6-pack, take all your old love letters, take a framed picture of your ex, and take some sleeping pills -- NONE of which is recommended, mind you).

### 3. TAKE A ROADTRIP.

Get out & about and explore some unknown territory in your car. If it's warm enough, roll the windows down (or put the top down), crank the tunes, and go wherever the road leads you. You have no destination. You have no obligations today. You are free to roam the great outdoors and just enjoy the day... alone. (Want some extra adventure?... rent your dream vehicle (like a Jeep or a motorcycle) for the day!

### 4. TAKE A BIKE RIDE.

Whether you're an avid cyclist, or you're the owner of an old beat-up, rusty Schwinn... the pay-off is still the same. You'll become rejuvenated and feel like a kid again pedaling around the neighborhood. Don't want anyone you know to see you?... Then stick your bike in the car and motor on over to the nearest state park. There, you can pedal (or wobble) to your heart's content, take in the sights, stop and smell the roses (oh, sorry... daisies!), and even burn a few calories at the same time.

### 5. TRY SOMETHING NEW.

Some fun newactivities to consider:

\* Yoga... there's nothing like it for making you feel great in a short amount of time -- with very little effort on your part!

\* Snow Skiing... on-site lessons are the way to go. They're cheap, they don't try to humiliate you, and the instructor just might be cute!

\* Parasailing... most are surprised

to learn that this is such a mindless, effortless, no-skill-required kind of activity. You sit. They drive the boat. They add some slack to the rope attached to the harness you're sitting in. And you rise above it all. All the while, taking in some of the most beautiful sites around.

### 6. COOK UP SOMETHING INTERESTING... LITERALLY.

Whether you're handy in the kitchen or not, find a recipe (either an old family favorite, or one you dig up online), take a trip to the store and purchase all of the necessary ingredients. (Don't forget to splurge on some special pre-made dessert that's to die for!) Rush home to work your magic. And waa-lah... marvel at your accomplishment.

### 7. TAKE SOME PICTURES.

Hopefully, you'll feel compelled to get outdoors and photograph places that mean something to you, or some common local sights (people window-shopping downtown, kids playing at the park, animals at the zoo). If that's not motivating you, then consider these unique ways to use a digital camera. Either way, spending the day sharpening up your photography skills will surely yield some satisfying results at the day's end.

### 8. PURSUE YOUR PASSION.

Whatever it is that you are passionate about in life -- be it a particular hobby, travel, craft projects, charitable acts, etc. -- use this day to make great strides by just doing that today. This is also known as drowning yourself in productivity... or pursuing those things that you are passionate about. As long as it's something you are completely driven to succeed at, then you will still be having FUN while accomplishing great things at the same time.

### 9. GET A PUPPY... OR, IF YOU ALREADY HAVE A DOG, THEN WALK IT.

Okay, I'm not advocating people who haven't already weighed out the pros & cons of owning a dog go out and get a puppy -- just on a whim. That's certainly not the right way to acquire a housemate, playmate, and lifetime friend. But, there's no denying the many ways that a dog can help you get a date.

### 10. CELEBRATE BEING SINGLE.

Whether you choose to have other single people over to celebrate by playing these one-of-a-kind singles games, or whether you prefer to soak in the glory of being single on your own, the goal is simply to make today your day!

# WHIRLOWS

## TOSSED *and* GRILLED

Lincoln Center & Miracle Mile  
466-2623

Whirlow's Celebrates 2010 with  
**Nightly Dinner Specials**  
(after 5:00 pm with purchase of a beverage)

<p><b>Monday</b> Soup &amp; Salad \$7.95</p>	<p><b>Wednesday</b> 20% to your Favorite charity</p>	<p><b>Friday</b> Prime Rib Dinner \$13.95</p>
<p><b>Tuesday</b> Salads 1/2 Price</p>	<p><b>Thursday</b> Sandwiches 1/2 Price (Hamburgers excluded)</p>	<p><b>Saturday</b> FREE Fries or Glass of Wine (with purchase of entree)</p>

Mon-Sat 11am-8pm • Catering • Dinner & Lunch To-Go 474-1866

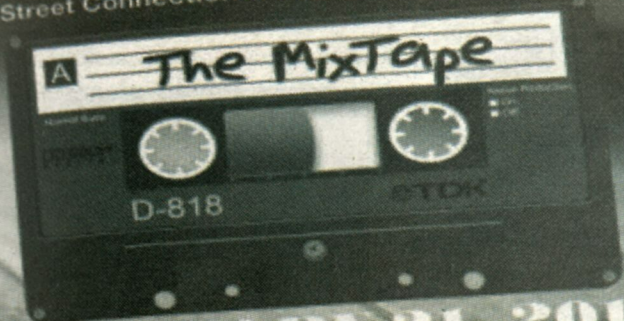
**HAVE A**  
**Yogurt My Way**  
**BIRTHDAY PARTY!**

**Nutcracker**  
**Sweete**  
**Valentine's Day**  
**Candy & Gift Baskets**

**Yogurt My Way**  
Self-Serve Frozen Yogurt  
Endless Toppings • Bulk Candy  
211 Lincoln Center  
Stockton, CA 95209  
474-1010  
**\$1 OFF**



Adobo Street Connection & Rhythm Inc Proudly Present...



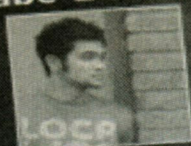
**FEBRUARY 21, 2010**

**V//CALLING OUT ALL DANCE CREWS!!!**

Get a chance to win \$500 & sponsorship to Breakthrough 2k10  
//Registration forms at <http://RhythmInc.tk>

**SPECIAL GUESTS**

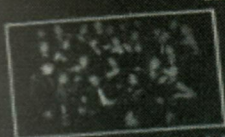
**Gabe Bondoc**



**Leejay**



With more to be announced!



One of the Most Sought After Hosts in Indie Networking  
**Frankie James**



University of the Pacific, Faye Spanos Concert Hall  
3601 Pacific Avenue, Stockton, CA 95211

Pre-Sale Tickets: \$15 | At the door: \$20

**SALINAS**

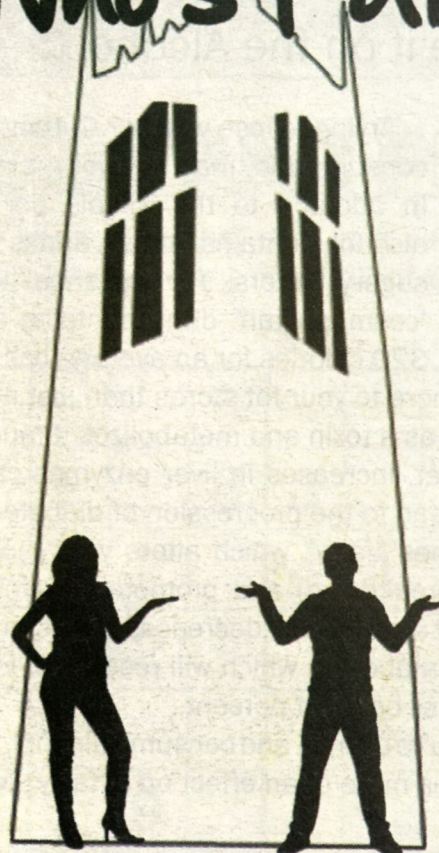
**STAND TALL.  
STAND PROUD.  
STAND ARMY  
STRONG.**

Stockton Recruiting Station 5759 Pacific  
Avenue Stockton, CA 95815  
916-923-5636

U.S. ARMY  
ARMY STRONG®

©2009. Paid for by the United States Army. All rights reserved.

# Who's Pat?



**PACIFIC ALUMNI ASSOCIATION**  
**[www.pacificalumni.org/whospat](http://www.pacificalumni.org/whospat)**



Hats off to you!



**Calling all**  
**2010**  
**Graduates!**

**Would you like to speak at  
commencement?**

**Apply to be a Commencement Speaker by  
February 12, 2010!**

Visit [www.pacific.edu/x33442](http://www.pacific.edu/x33442) and download an application! Turn them  
back in to the Office of Student Life, Hand Hall, Suite 135 or if you have  
any questions email Janetta Newsom at [jnewsom@pacific.edu](mailto:jnewsom@pacific.edu).



# LIFESTYLES

## Movie Review: Daybreakers



allmoviephoto.com

**Courtney Wood**  
Staff Writer

What would happen if vampires dominated the earth, 95% of the human population had either been killed or farmed for blood, and the hemoglobin supply was rapidly running out? This is the fanciful question that *Daybreakers* ventures to answer.

The year is 2019 and hematologist Edward Dalton (Ethan Hawke), a vampire, is working for a company that is attempting to create a substitute for human blood, which should satiate the vampire world if the human supply continues to dwindle. The company is also in the business of farming humans, however, and is making big bucks in the process. Dalton is different from his fellow vampires; refrains from drinking human blood because he feels that farming humans is unethical and

because he fears that the extinction of the human race would be a devastatingly irreversible loss.

Dalton happens across a small group of surviving humans who are traveling together, trying to avoid being captured. Instead of turning the humans over to authorities, Dalton makes a decision to help them and join them. As it turns out, one of the humans holds the key to a potential cure for the vampire virus; Dalton helps to streamline the cure and teams with the humans in their attempt to revolt against the vampires and regain their control of the world.

*Daybreakers* puts an interesting spin on the vampire tale, though it does stay true to many well-worn vampire movie myths. For example, sharp and exaggerated incisors,

pasty skin, glowing eyes, and aversion to sunlight characterize these film's vampires, which could be found in almost any flick of the genre. What is new about *Daybreakers* is the cure it proposes for the vampire disease, the process of which is difficult to understand in a logical sense, but works well for the movie's story.

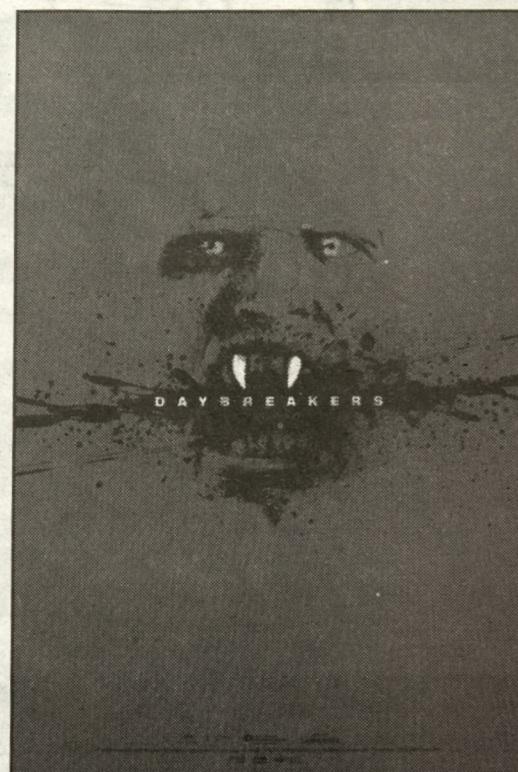
It's difficult to watch this film without immediately drawing a parallel between the vampires' depletion of their "human resources" and the way that the human race of today has begun to deplete its own resources through mass consumption. In this way, the film seems to draw attention to the dangers of over-consumption and nudges its viewers to contemplate the importance of environmental consciousness.

A gray hue is cast over most of the film, giving it dark, classic vampire feel. Some of the scenes are genuinely creepy, especially where deteriorated vampires called "subsiders" are concerned. These winged creatures lurk in the shadows and in the sewers, searching for human blood, and even resorting to eating themselves in their starved state.

This film is certainly not stingy about bursting blood vessels or splattering bowels. Blood-thirsty vamps and even

a few humans are strewn left and right at the mercy of crossbows and gunfire. Sunlight also wreaks its havoc on the vampire crowd (these vampires don't sparkle), igniting their bodies into flaming torches.

At the end of the day, *Daybreakers* provides an exciting, intriguing take on the vampire myth; it will please as an action-packed flick, although it may not be a completely revolutionary theatrical feat.



## NOW PLAYING AT THE PACIFIC THEATRE

Feb 11  
The Notebook

Feb 12-Feb 13  
The Proposal

Feb 18-Feb 20  
New Moon

Feb 25  
Okuribito (Departures)

Feb 26-Feb 27  
Whip It

## Blame it on the Alcohol...



Trying to lose weight? Cutting out alcohol consumption may be your smartest bet. In addition to the 7kcal per gram that alcohol contains, most drinks are full of sugary mixers. For instance, the popular 'cosmopolitan' drink contains a whopping 320 calories for an average bar serving.

Alcohol does much more to your fat stores than just add calories. The body treats alcohol as a toxin and metabolizes it much like a fat when it reaches the liver. Increases in liver enzymes can increase insulin resistance and lead to the progression of diabetes.

The liver also becomes "fatty" which alters your metabolism to reduce fat oxidation (breakdown) and promote fat stores. Recent studies have shown that alcohol also decreases testosterone, growth hormone, and muscle catabolism which will result in a lower resting metabolic rate and higher body fat percent.

The bottom line? If you're over 21 and consume alcohol, moderation is key. Binge drinking has more of an effect on a 'fatty' liver than 1-2 drinks per day.

If you do plan on drinking heavily in one night, take a step wise approach. Alternate a drink with a glass of water or other non-alcoholic beverage. Overdoing it causes more than a bad hangover; chronic alcohol consumption can lead to liver cirrhosis, pancreas insufficiency, and dependency.



## ASUOP ELECTIONS

APPLICATIONS  
ARE DUE !!  
THIS FRIDAY,  
FEBRUARY 12  
AT THE DEROSA  
CENTER



**Miguel's**  
Mexican Restaurant  
FAMILY OWNED SINCE 1977

**Catering Available**  
**Banquet Facility**  
Can Accommodate  
Parties Up To 50  
**Full Service Bar**  
**Breakfast All Day**  
7 Days a Week  
**Special Breakfast**  
Sunday 8am - 1pm

**Call In Orders To Go**  
**951-1931**  
7555 Pacific Ave. • Stockton

**OPEN**  
Monday - Thursday:  
10 a.m. to 9 p.m.  
Friday:  
10 a.m. to 10 p.m.  
Saturday:  
10 a.m. to 9 p.m.  
Sunday:  
8 a.m. to 9 p.m.



**\$5 off on  
\$20 or more**  
Must present Pacific student ID or coupon

## COMING SOON!

Exclusive online content you won't find in our weekly paper.  
Contact us at [pacificaneditors@pacific.edu](mailto:pacificaneditors@pacific.edu) if you are  
interested in being an online writer!  
Details at **ThePacifcan.com**

## GAMES AND PUZZLES

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

	3				6			
			5		8	3		
		2				4	1	
				2				5
6	5						4	9
3					9			
	6	3				9		
		9	8		7			
			1				8	

## CRYPTOQUIP

Each letter in this quote has been replaced by a different letter. To solve the puzzle, substitute letters given the clue below.

HOY LPI NOQ MQYE  
IQH TYPM JQQM  
AQQFE OPE IQ  
PMRPIHPJY QRYT  
HOY LPI NOQ SPIIQH  
TYPM HOYL.

Today's cryptoquip  
clue is: A equals B

Answers on page 5

## Lunar New Year Arriving With Little More Love This Year

**Andy Lee**  
Staff Writer

On February 14, for one of the first times ever, "Happy Valentines Day" will be said side-by-side with "Happy Chinese New Year," "Happy Korean New Year," "Happy Vietnamese New Year," "Happy Mongolian New Year," or "Happy Tibetan New Year." All these countries still celebrate a new year that coincides with the lunar calendar, which happens to fall on February 14 this year.

"Vietnamese New Year makes me feel nostalgic," explains Christine Vo, a sophomore, "That and really yummy food."

While the premise and history of each country's new year differs, most common practices include a family gathering and of course, "yummy food".

Family members living far away often come back home just to have a meal with their family. In fact, the Spring Festival Travel Season in China happens to be largest period of human migration every year, indicating the devotion family members have towards reuniting on New Years. According to a news article from *The Independent* from 2006, in 2008, just in China alone, over 2.26 billion people traveled, let alone the numbers in other countries.

Other common practices include fireworks set off in big cities, the plum tree somewhat acting like a Christmas tree, gift exchanging, red clothing being worn, red envelopes being distributed, and replacing the home with new items.



## SPORTS

## Men's Basketball Remains Best in Big West

Vanessa Connolly  
Staff Writer

Pacific's men's basketball team held on to the number one seed in Big West after defeating Cal Poly 67-61 on Saturday, Feb. 6. The win comes after a tough 61-48 loss to UC Santa Barbara on Thursday, Feb. 4, the team's first loss in the Spanos Center this season. Odds were already in Pacific's favor for the Cal Poly game; they previously beat the fifth ranked Mustangs on Jan 8 in San Luis Obispo.

Senior Michael Nunnally started off the scoring with a jumper that would lead the Tigers to a 12-0 drive in the beginning of the first half. The Tigers dominated the scoreboard for the first half, allowing Cal Poly to gain no more than a three point advantage before closing with a 37-32 half time lead.

During the second half, Pacific kept the audience spirited with a series of impressive three point shots from juniors Demetrece Young, Sam



Willard, and Terrell Smith, and senior Lavar Neufville. The highest lead in the second half was 15 points, in which the Mustangs responded with two three-pointers and a layup to narrow the gap shortly before calling a time out after an impressive dunk by senior Joe Ford. While the Mustangs offense sought to rally in the last seven minutes, multiple

Natalie Compoton/ The Pacifican

fouls and failed three point attempts prevented a lead. During this time, the Tigers went 7 for 11 from the free throw line to seal the win.

Young led the team with 18 points and six assists, followed by Smith with 10 points and nine rebounds.



Natalie Compoton/ The Pacifican

The team will return to the Spanos Center on Feb 20 to host New Mexico State, which will air live on ESPN U at 7pm.



## The Olympics Experience of a Lifetime

Rachel Freeman  
Sports Editor

Two Pacific students are getting the opportunity of a lifetime this winter, working for the Vancouver Winter Olympics that begin tomorrow, Friday, Feb 12. Anya Radanovich and Bethany Nollette, sport management majors and members of Alpha Phi, left for Vancouver on Monday and will be there throughout the duration of the games. They first found out about this experience when a classmate told them about the online application. After an interview process, they were both offered positions to volunteer.

"I will be what's called a host in the event services department of the Whistler Olympic Park," Radanovich said. "Hosts are considered the 'face of the games,' helping out attendees with questions, giving them directions, [and] working with security," she added. Nollette will be working as a photographer's assistant at the Games.



pugetsoundblogs.com

They will be missing 15 days of school but say that their professors have been very willing to help them make up their work. Because both are sport management majors and this work directly applies to their field, they say their professors are actually quite excited for them.

Radanovich noted. She added that her professors "have been very supportive, and I have worked with them closely to make sure I am on track."

Radanovich and Nollette encountered a little problem trying to find housing. They will be staying at a lady's house in Squamish, about



twitter.com/AnyaBethVan2010a

"We are both receiving credit for this as part of the internship requirement for sports management,"

45 minutes away from Whistler. They will have to take the bus everyday, but Radanovich added "we were very lucky to find housing at all!"

To follow them at the Olympic Games and hear all about their experiences, you can follow them on Twitter at [www.twitter.com/AnyaBethVan2010](http://www.twitter.com/AnyaBethVan2010) or at their blog, [anyabethvan.livejournal.com](http://anyabethvan.livejournal.com).



## Athletic Training Tip of the Week

### Immune System and Exercise

As the common cold surfaces around ones community, one is always interested in finding ways to prevent illness. Everyone has their own methods of trying to prevent the spread of germs. For example, some carry wet-ones, purell, and/or other antibacterial products. Have you considered performing some form of moderate exercise daily?

Moderate and consistent exercise has been proven to provide one with a strong immune system. Physiologically, the body's immune system responds positively to exercise. Immune cells in the body circulate throughout the body more quickly and are more efficient in killing bacteria and viruses while performing some form of moderate exercise. Although, after exercise the body's immune system returns back to normal after a couple of hours, regular exercise allows these changes to be more long-lasting.

In the end, a daily dose of moderate exercise helps keep the common cold away. On the other hand, one must be cautious to not over train. Evidence-based studies suggest that too much exercise can produce a reduction in ones immune system function. One performing more than ninety minutes of a high-intensity endurance exercise can cause one to be more susceptible to an illness for up to seventy-two hours after their exercise performance. So get up and move, but not too much.

## Tiger X Class Review: Lunch Time Yoga

Natalie Compton  
Staff Writer

Does college stress have you feeling all knotted up? Loosen up! Check out Lunch Time Yoga with Deanna to test your strength and turn off tension.

This class is nothing like the other Tiger X Classes. There is no techno music, no drill instructor and no pressure to keep up to speed. Lunch Time Yoga is accompanied by tranquil sounds, Deanna is more than helpful without being aggressive or intense and whenever you get tired, you are welcome to take a breather.

Lunch Time Yoga is the perfect way to get rid of stress built up throughout the morning. Deanna knows exactly what to say to help clear your mind and let go. This is due mainly to deep and focused breathing as well as becoming aware of your posture.

She even encourages everyone to dedicate the class session to something bigger than yourself, to look outside your own world to the well being of

others.

After getting a crash course in kindness, the class begins by easing into simple poses. It begins at a very slow pace, with emphases on doing the poses correctly.

The class then gets into a routine that works the arms, the core and the legs while practicing the daunting act of balancing. If you feel as though your arms are going to collapse or your legs are going to give out, you are free to get into a comfortable position and rest until you feel ready to get back to it.

The routine goes for about 30 minutes and then winds down with some slower-paced poses and finishes in Savasana or "corpse pose," where you get to simply lie on the floor and relax every muscle and bone in your body. It's a wonderful way to reward yourself after an invigorating workout.

Lunch Time Yoga takes place every Tuesday and Thursday from twelve p.m. to one p.m. in the Wood Room of the Baun Fitness Center.



### Interested in writing for Sports?

Get up close and personal  
with your favorite players!

Email us at [pacificansports@pacific.edu](mailto:pacificansports@pacific.edu)!

## Sports This Weekend

### THURSDAY

Women's Basketball vs. UCD  
7 p.m.  
Spanos Center

### FRIDAY

Men's Volleyball vs. UCI  
7 p.m.  
Spanos Center

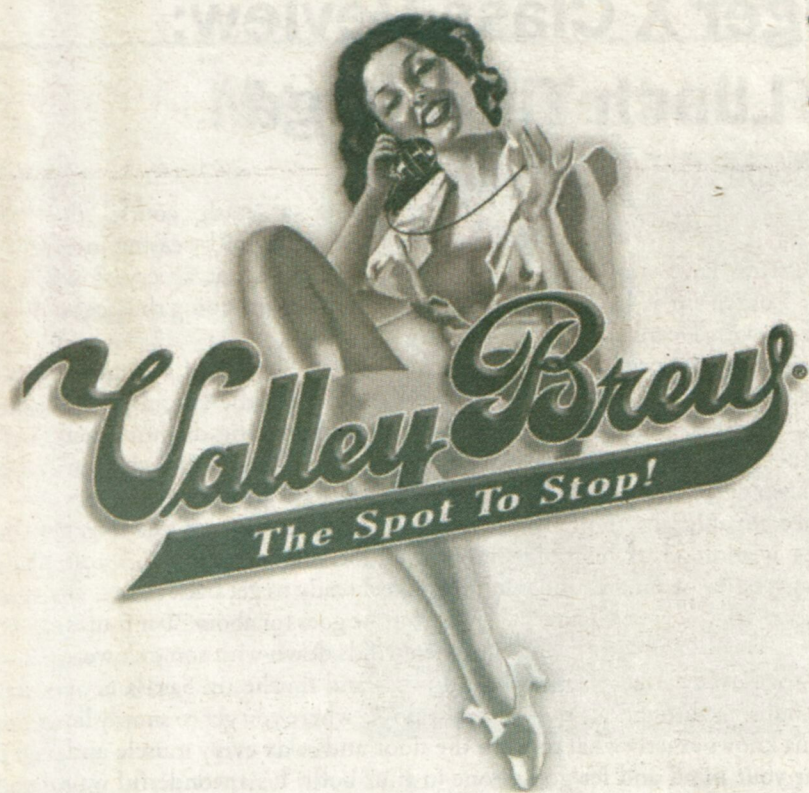
### SATURDAY

Men's Volleyball vs. UCLA  
7 p.m.  
Spanos Center

## Tiger X Schedule for Week of Feb 11 - Feb 17

2/11	2/12	2/15	2/16	2/17
Pilates: 8-8:45 a.m. Wood Room	Yoga: 8-8:45 a.m. Wood Room	Closed PRESIDENT'S DAY	Cycle Fit: 7-7:45 a.m. Rubber Room	Circuit-Fit 1-1:30 p.m. Rubber Room
Lunch Time Yoga: 12-1 p.m. Wood Room	Boot Camp: 1:30-2:30 p.m. Wood Room		Fit & Functional 8-9 a.m. Wood Room	Zumba: 4:30-5:30 p.m. Wood Room
Cardio Dance: 5-6 p.m. Wood Room	Hip-Hop: 3:00-3:50 p.m. Wood Room		Lunch Time Yoga: 12-1 p.m. Wood Room	Yoga: 5:30-6:55 p.m. Wood Room
Cycle: 6-7 p.m. Rubber Room			Yoga: 5:30-6:45 p.m. Wood Room	
Capoeira: 7-8 p.m. Rubber Room			Cycle: 7-8 p.m. Rubber Room	





# Now Accepting Pacific Cash!!!

**157 W. Adams St.  
464-2739**

**Open 7 days/week  
Lunch - Late Dinners**

## Music Event Calendar

February 12 -  
7:30 p.m.  
Wendy Maxwell  
Jazz

February 13 -  
6:00 p.m.  
Reggie Rocker  
Jonathan Michelsen

7:00 p.m.  
Detours  
Sacramento Rock

February 27 -  
8:00 p.m.  
Marirose

February 28 -  
7:00 p.m.  
Elvis Impersonation

March 5 -  
7:30 p.m.  
"Still Sane"

March 17 -  
6:00 p.m.  
St. Patrick's Party All Day  
Nick Elwood Band

March 21 -  
7:00 p.m.  
Elvis Impersonation

COVER for all  
events except on  
February 13

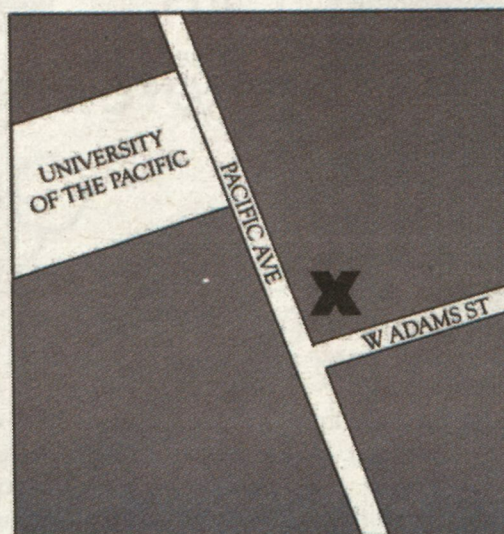
REGGAE ROCKER  
**JONATHAN MICHELSEN**

PERFORMING THE DEBUT ALBUM RADICAL LOVE PLUS TWO NEW SONGS THAT WILL MAKE YA GROOVE

SATURDAY FEBRUARY 13TH 6:00PM  
VALLEY BREW  
157-W. ADAMS ST.  
STOCKTON, CA 95204  
ALL AGES  
DONATIONS ACCEPTED  
RADIOLOGY.COM

*Caroline PHOTOGRAPHY, Inc.*

## THE NICK ELWOOD BAND



## Restaurant/Pub

**Microbrewery Tours Available  
Banquet Room -**

**No Charge for UOP events  
Faculty and students**